Cognitive Fusion Mediates the Relation of Cognitive Anxiety Sensitivity and Rumination in Undergraduate College Students

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Introduction

- Rumination is associated with reduced academic performance and increased student distress.[1]
- Cognitive anxiety sensitivity (AS) is positively associated with ruminative behavior.[2]
- Experiential avoidance and limited goal-directed behavior may be factors that maintain the cognitive AS-rumination relation.[3]
- Cognitive fusion may be an additional factor, as becoming entangled with, and surrendering behavioral control to, one's anxious thoughts may lead to increased awareness of such cognition.[4]
- Cognitive fusion is related to AS and psychological distress, suggesting it may be a mediating factor.[5]

Present Hypothesis

The relation of cognitive AS and rumination will be indirectly accounted for by cognitive fusion.

Method

Participants

- N = 237 undergraduate college students
- M_{age} = 19.50, SD = 2.41; 77.6% Female; 94.1% White

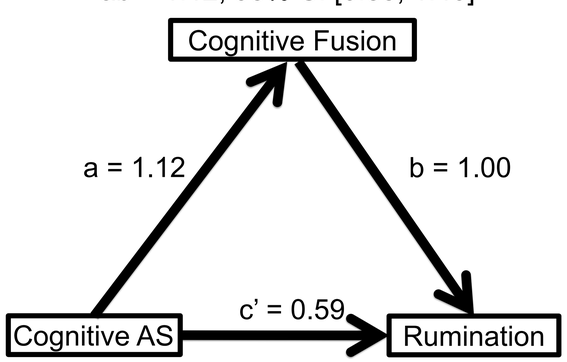
Procedure

Participants completed an online survey battery.

- *Ruminative Response Scale*[6], α = 0.96
- *Anxiety Sensitivity Index-3*[7]
  Cognitive Subscale, α = 0.91
- *Cognitive Fusion Questionnaire*[8], α = 0.95

Results

ab = 1.12, 95% CI [0.88, 1.40]



Note. Figure displays indirect association of Cognitive Anxiety Sensitivity and Rumination via Cognitive Fusion. All relations shown are statistically significant, *p*s < .001. Cognitive AS = Cognitive Anxiety Sensitivity.

The relation of **cognitive anxiety sensitivity** and **rumination** is partially accounted for by **cognitive fusion**

Take a **picture** for **more details** & **contact information**

Results

Descriptive Statistics and Bivariate Correlations

Variable	1	2	3
1. Cog AS	-		
2. Cognitive Fusion	0.60*	-	
3. Rumination	0.62*	0.80*	-
Mean	5.07	24.7	45.3
SD	5.68	10.6	15.8

Note. N = 237. Cog AS = Cognitive Anxiety Sensitivity.
*p < .001.

Discussion

- Cognitive fusion significantly mediated the relation of cognitive AS and rumination.
- Cognitive fusion accounted for over half the relation of cognitive AS and rumination.
- Cognitive fusion may be an effective therapeutic target to reduce rumination that occurs as a result of cognitive AS.

Limitations

- Limited diversity in sample
- Impact of rumination on functioning unclear
- Cross-sectional self-report data

Future Directions

- More representative samples
- Evaluation within clinical or otherwise distressed samples who struggle with rumination
- Longitudinal and experimental designs

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